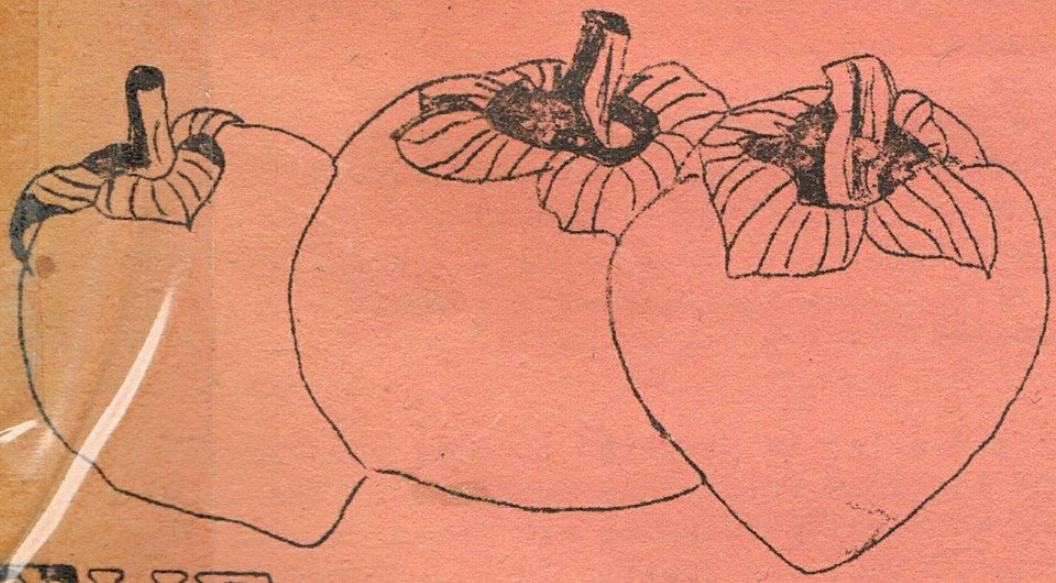
USE AND ENJOY



THE CALIFORNIA PERSIMMON

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This leaflet is prepared to help you use and enjoy the luscious California persimmon. The California (or Western) persimmons are large, beautiful and sweet. They are distinctly a different variety than the native persimmons of the Eastern states. These delicious fruits are a favorite for many and an interesting experience in eating for those who haven't learned to appreciate them.

* * * * * *

This material is adapted from a publication by Georgia Lee Wren, Fresno County Home Advisor, and by Mrs. Josephine W. Van Schaick, Santa Barbara County Home Advisor.

USE AND ENJOY
THE
CALIFORNIA PERSIMMON

Persimmons should certainly not be foreign to newcomers to the Santa Barbara area who are from the south and east coast particularly below 38° latitude, for the persimmon tree is native to these areas. However, the varieties to be found in our markets and home gardens are very different - for here we see the oriental Kaki varieties imported mostly from Japan which are much, much larger.

There are two major types of oriental persimmons. The Fuyu type, which may be eaten firm is rather rounded at the end and is found usually only in home gardens. The Hachiva variety, which is the common variety found in most stores and home gardens, has semi-pointed ends and <u>must</u> be eaten when at a <u>jelly-like</u> consistency, else the unpleasant persimmon pucker will result - due to the astringent quality of the unripe fruit. The native small persimmon is Diospyros virginiana, but these trees are few and far between.

Indegenous to both varieties is the persimmon color. The "jelly" ripe varieties are to the red side and the "firm" ripe varieties to the yellow.

The varieties of California persimmons that are astringent and puckery until very ripe have this quality due to large amounts of tannin, the same as found in tea. Tannin can be made tasteless by placing the fresh fruit in a tight container for several days. However, as the fruit ripens and sweetens naturally, the tannin disappears.

Persimmons are an excellent source of Vitamin A. One medium-sized fruit furnishes one-half the "A" needed daily. It furnishes about a fifth of the Vitamin C needed, and is a fair source of iron.

It has about 95 calories - which is about twice as high as a medium peach or two apricots, but about the same as a medium-sized banana, 3 small figs, a cup of grapes, a large orange, or a medium-sized pear.

STORING PERSIMMONS

Store persimmons in a cool place. Keep bringing some into a warm place to ripen as you use them. They will keep for a long time, but as more ripen than you need, place them in the refrigerator or freezer whole or make into puree and freeze. * To remove astrinency, see page 31.

TO SERVE

The recipes given are for the Hachiya varieties.
Breakfast Fruit: Wash, chill, peel, slice and serve with cream for breakfast. Good with cereal, too.

Salads: For salads use chilled unpeeled persimmons at the firm, ripe stage. Cut them in halves, quarters or crosswise slices. Beautiful and delicious with almost all fall fruits - particularly nice with avocado and grapefruit.

Desserts: Using Fresh Fruit: For dessert, place unpeeled fruit stem end down; cut two deep crosswise slashes through the top and spoon the jelly-like pulp out of the skin. Chilled whole persimmons are good slashed down with a dip of vanilla ice cream in the center or try serving with cheese and crackers.

Desserts: Baked: Use persimmons in cookies, cakes, puddings, or pies. The pulp is used like applesauce or pumpkin to give moist, rich texture and delicate flavor to baked desserts. Since the flavor is mild, do not over-spice.

Note, too, that soda is used in most recipes where heat is used. As a general rule, use 1/2 to 1 teaspoon of baking soda to each cupful of persimmon pulp -- and low heat is stressed, as is the use of soft ripe fruit to insure against bitterness and astringency.

PREPARE PUREE

A blender is ideal for preparing persimmon pulp or puree for use in baking or in jams or for freezing for later use. The fruit need not be peeled; however, cut out any defects and slice off the blackened portion of any peel.

This blackened peel, as with the Hachiya, becomes dryer than the rest of the peel and this causes black flecks in the puree. The flecks show up in jam or ice cream but really makes no difference when the pulp is to be used in puddings, pies, cakes or cookies.

If blender is not available, put fruit through a food mill or press through a colander, strainer or sieve.

NOW, HAVE FUN!

Peruse the recipes which have been selected and adapted for your enjoyment.

Adapt some of your own favorite recipes using persimmon pulp or puree to replace applesauce, pumpkin or carrots in cakes, cookies, and puddings. Concoct your own original recipe. Experiment. Have fun -- use and enjoy the delicious California Persimmon.

APPETIZERS AND SALADS

PERSIMMON ALMOND SALAD

1/3 c. unblanched almonds
1/2 tsp. cooking oil
1 c. sieved persimmon pulp
1 envelope plain gelatin
1/4 c. lemon juice
Mayonnaise
2/3 c. hot water
1 T. sugar
1/4 tsp. salt
1 medium-sized grapefruit
1 c. sliced celery
Salad Greens

Toss almonds with oil in flat pan. Roast in slow oven at 300°F. for 20-25 minutes, until lightly browned, stirring frequently. Chop and cool.

Prepare persimmon pulp from very ripe, soft persimmons.

Soften gelatin in lemon juice and dissolve in hot water.

Blend in sugar, salt and persimmon pulp. Cool until slightly thickened.

Peel and section grapefruit. Cut sections into bite-size pieces. Fold grapefruit, celery and almonds into thickened gelatin mixture.

Turn into individual molds and chill until firm.

Unmold on salad greens and serve with mayonnaise. Makes 6 to 8 servings.

PETAL SALAD

Place glob of cottage cheese (try flavored too) in the center of a persimmon flower -- persimmon sliced down to center to form petals. Experiment with dressing using minced olives or a bit of horseradish or chili powder for flavor.

THANKSGIVING SALAD

1 package orange or lemon gelatin
1 cup boiling water
1-3/4 c. persimmon pulp (about 3 large persimmons) or 1 box frozen persimmon puree
1/2 c. diced orange, grapefruit, or grated pineapple
1 c. halved grapes
1/2 c. toasted almonds (chopped) or chopped walnuts
Salad Greens

Dissolve gelatin in boiling water. Force pulp of very ripe persimmons through a sieve to make 1-3/4 cups or use frozen persimmon puree. Blend into cooled gelatin. Fold in grapes, diced orange or grapefruit or grated pineapple. Nuts may be added to gelatin mixture before molding, or used to sprinkle over salad with addition of a puff of salad dressing. Garnish with salad greens. Makes 5 to 6 molds.

PERSIMMON FRUIT CUP

2 large bananas
3 large persimmons
1/4 c. orange juice
3 T. lemon juice
1 T. sugar
1/2 c. grated coconut

Peel and slice bananas. Peel persimmons, if desired. Cut in half. Remove center cores and dice. Combine fruits with orange and lemon juice and sugar. Chill. Add coconut. Pile into sherbet glasses. If desired, top each with dab of guava jelly. Makes 5 to 6 servings. Why not a dab of white creme de menthe for piquant flavor?

APPETIZER

1 pear 2 large persimmons (frozen) Fruit juice

Soak diced unpeeled pear in green colored fruit juice (apple pineapple, grapefruit). Just before serving combine frozen persimmons, diced with pear cubes. Top with juice and mint sprig.

Another appetizer is good with wedges of nearly frozen persimmon, mixed with grapefruit and orange sections.

MOLDED PERSIMMON PUREE SALAD

1 pkg. lemon gelatin
1-1/2 c. hot pineapple juice
1 c. crushed pineapple (drained
3 large ripe persimmons or 1 box frozen persimmon puree

Dissolve gelatin in hot pineapple juice, stirring well. Add crushed pineapple when gelatin becomes sirupy, then blend in peeled persimmons mashed with potato masher or pressed through sieve, or use a box of frozen persimmon puree.

Pour into lightly oiled mold and chill until firm.

Unmold and serve plain or with pineapple and grapefruit sections and salad dressing blended with whipped cream. (Recipe may be doubled and 1 pound can of pineapple mango may be substituted for crushed pineapple.) Makes 6 servings.

PERSIMMON SALAD MOLD

1 pkg. lemon gelatin
3/4 c. hot water
1 T. lemon juice
1/2 c. dairy sour cream
1 c. persimmon pulp
1 c. chopped celery
1 c. red grapes, halved and seeded
Lettuce or other greens

Dissolve gelatin in hot water. Stir in lemon juice. Cool gelatin slightly.

Combine sour cream and persimmon pulp. Add to gelatin mixture and blend thoroughly.

Chill until mixture starts to thicken.

Stir in celery and halved grapes. Turn into a 1 quart mold and chill until firm.

Unmold on lettuce and garnish with more grapes or sliced persimmons. Serve with sour cream if desired. Makes 6 servings.

FRUIT SALAD IS CRISP SALAD

A fres [illegible] salad arranged in a wreath effect on crisp leaves of lettuce is a perfect menu suggestion.

CHRISTMAS WREATH FRUIT SALAD

1 head lettuce	1 red apple
1 large grapefruit	1 banana
2 large oranges	2 T. fresh lemon juice
1 ripe persimmon	1/2 pound grapes
1 ripe pear	

Wash and core lettuce. Drain and chill. Peel grapefruit and oranges. Cut into sections, removing the white portion underneath the skin and membrane around sections.

Pare persimmon and pear, leave skin on apple. Remove cores and slice into quarters or eighths. Peel and slice banana in crosswise slices. Dip pear, apple and banana in lemon juice to delay discoloration.

Cut grapes into small individual size bunches.

Arrange lettuce leaves on large serving plate. Place fruits on lettuce leaves in wreath fashion. Place a bowl of almond dressing in the center of the fruit wreath.

ALMOND DRESSING

1 c. sugar	Dash salt
2/3 c. light corn syrup	1/2 tsp. almond flavoring
1/2 c. hot water	1/4 c. mayonnaise
2 stiffly beaten egg whites	1 T. Grated orange peel

Combine sugar, corn syrup and hot water. Heat slowly, stirring until sugar dissolves. Boil without stirring to firm ball stage, 248°.

Gradually beat hot syrup into stiffly beaten egg whites. Add salt and almond flavoring. Cool. Fold in mayonnaise and grated orange peel. Tint pale green or pink, if desired.

BREADS

PERSIMMON BREAD

2 eggs
3/4 c. sugar
1/2 c. oil
1 c. persimmon pulp
1 tsp. soda
1-1/2 c. sifted flour
1 tsp. cinnamon
1/2 tsp. salt
1/2 c. chopped walnuts
1/2 c. raisins (optional)

Preheat oven. Blend eggs, sugar and oil together. Mix soda into pulp. Add to sugar mixture. Sift flour before measuring. Add cinnamon and salt to measured flour. Add coarsely chopped nuts to dry ingredients and fold into persimmon mixture. Pour mixture into oiled 3 x 4 x 9 inch loaf pan. Bake at 325°F. for 1 hour 15 minutes.

PERSIMMON GRIDDLECAKES

1 c. persimmon puree
1 egg
1 c. flour
1 tsp. baking powder
1/2 tsp. soda
1 c. milk
1/2 tsp. salt

Mix, bake and serve piping hot with butter and honey.

MUFFINS

Try adding 1/2 c. persimmon pulp + 1/2 tsp. soda to your favorite muffin recipe.

YEAST BREAD, COFFEE CAKE OR CRUMPETS

Add persimmon pulp to yeast dough, too. Experiment with amounts to use and desired spices.

COOKIES

PERSIMMON BAR COOKIES

Combine in order:

1-1/2 c. sugar
3 eggs, beaten
1/2 tsp. salt
1 tsp. vanilla
2 c. flour
2 tsp. baking powder
1 tsp. soda
1/2 tsp. cinnamon
1-1/2 c. persimmon pulp
1/2 c. nuts, chopped

Spread in large cookie sheet (with sides). Bake 30 to 40 minutes at 250°F.

Frost with 2 T. cream, 1/2 box powdered sugar, 1/4 cup margarine or butter. Sprinkle chopped nuts over frosted cake if desired. Cut into bars.

PERSIMMON OATMEAL COOKIES

1-1/2 c. sifted flour
1 c. sugar
1/2 tsp. baking soda
1 tsp. salt
1/4 tsp. nutmeg
3/4 tsp. cinnamon
3/4 c. shortening
1 egg, well beaten
1 c. persimmon pulp
1-3/4 c. rolled quick oats
1/2 c. chopped nuts

Sift together flour, sugar, soda, salt, nutmeg, and cinnamon into mixing bowl. Cut in shortening. Add eggs, persimmon, rolled oats, and nuts. Beat until thoroughly blended.

Drop by teaspoonfuls, about 1-1/2 inches apart on ungreased cookie pans. Bake in a moderately hot oven (400°F.) about 15 minutes, or until cookies are done. Makes about 3-1/2 dozen cookies.

PERSIMMON ORANGE DELIGHTS

1/2 c. butter or margarine
1 c. brown sugar, firmly packed
2 eggs
1 c. persimmon pulp
1 T. grated orange rind
1/2 c. orange juice
2-1/2 c. flour
1 tsp. baking soda
3/4 tsp. baking powder
1 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. mace or cloves
1/2 tsp. salt
1 c. coarsely chopped nuts
1 c. raisins

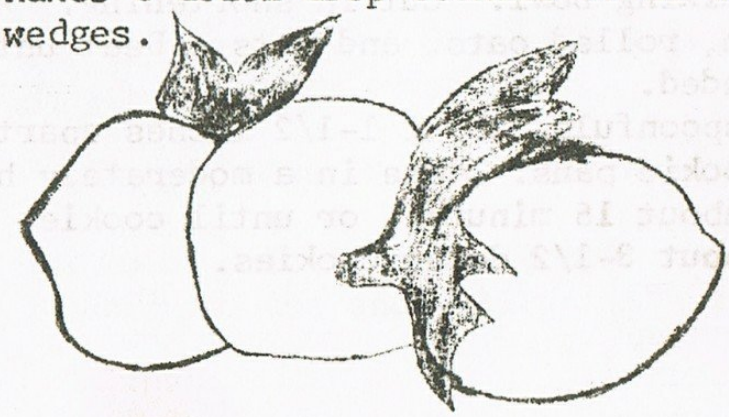
Cream shortening and sugar lightly, then add next four ingredients. Measure flour and add soda, baking powder, spices and salt. Sift once together then add to first mixture. Fold in nuts and raisins.

To make drop cookies, drop by teaspoon on greased cookie sheet. Bake at 375°F. for 12 to 15 minutes.

To make persimmon brownies, pour into a 13x9 inch greased pan or oven glass dish and add remaining batter to an 8x8 inch pan or an 8 inch pie dish. Bake at 350°F. for 20 to 30 minutes, or until brownies start to leave sides of pan.

To serve at dessert parties, cut in squares or pie shaped wedges and serve a la mode with ice cream or sweetened whipped cream sprinkled with grated orange rind.

Makes 3 dozen drop cookies or 12 dessert squares or wedges.



PERSIMMON SQUARES OR COOKIES

1 c. persimmon puree
1 tsp. baking soda
1 c. brown sugar
1/2 c. butter or margarine
1 egg, beaten
2 c. flour
1 tsp. cinnamon
1/2 tsp. cloves
1/2 tsp. nutmeg
1/2 tsp. salt
1 c. walnuts, chopped
1 c. raisins

Sprinkle baking soda over persimmon puree in bowl and blend.

Add sugar and butter and beat until creamy.

Add egg. Blend well.

Sift flour with spices and salt and add to mixture; blend until smooth.

Fold in nuts and raisins.

For cookies, drop by spoonfuls on greased baking sheet. Bake at 375°F. 12 to 15 minutes. Makes about 3 dozen cookies. Or, for squares, pour into well oiled 8-inch square pan. Bake in moderate oven 350°F. for 15 to 30 minutes or until done. Cut in squares while warm. Cool in pan. Makes 16 squares.

PERSIMMON NUGGETS

1 c. sugar
1 c. shortening
1 egg, beaten
3/4 c. persimmon puree
1/4 c. persimmon, sliced or 1/4 c. orange gum drops, sliced
2 c. flour
1 tsp. soda
1/4 tsp. salt
1/2 tsp. nutmeg
1/2 tsp. cinnamon
1 c. bleached raisins
1 c. walnuts, chopped

Cream shortening and sugar. Stir in egg, persimmon puree and sliced persimmon. Add dry ingredients. Fold in raisins and walnuts. Mix thoroughly. Drop by spoonfuls on greased baking sheet. Bake at 375°F. 12 to 15 minutes. Makes about 5 dozen cookies.

GLAZED PERSIMMON COOKIES

3/4 c. nuts
3/4 c. light or dark raisins
1/4 c. wine
2/3 c. shortening, part butter or margarine
1-1/4 c. sugar, half brown sugar for flavor
1 tsp. vanilla
2 eggs
1 c. thick persimmon pulp or canned pumpkin
2-1/2 c. sifted flour
4 tsp. baking powder
1 tsp. salt
1/2 tsp. nutmeg
1/2 tsp. cinnamon
1/4 tsp. ginger
Wine Glaze

Chop nuts. Coarsely chop raisins or other dried or candied fruit. Combine with wine.

Cream shortening, sugar and vanilla until fluffy.

Beat in eggs until well blended. Stir in persimmon or pumpkin. Mixture may curdle slightly.

Sift flour, baking powder, salt, and spices directly into creamed mixture. Add nuts and raisins.

Drop by teaspoon onto lightly greased baking sheets.

Bake at 375°F. for 15 to 18 minutes.

Remove to wire racks and when slightly cool, spread top of each cookie with wine glaze.

Cool thoroughly before storing with waxed paper between each layer of cookies.

Makes about 3-1/2 dozen cookies.

CAKES

PERSIMMON CAKE

1/2 c. raisins
2 c. sifted flour
1 tsp. baking powder
1 tsp. soda
3/4 c. chopped walnuts or pecans
1/2 c. soft shortening
3/4 tsp. salt
1 c. sliced dates
1/2 tsp. cinnamon
1/2 tsp. nutmeg
1/2 tsp. allspice
1-1/2 c. sugar
2 eggs
1 T. lemon juice
1-1/2 c. sieved persimmon pulp

Sift together flour, baking powder, soda and salt. Toss 1/2 cup flour mixture with dates, raisins and nuts.

Cream shortening and spices, gradually adding sugar, and beat until fluffy.

Beat in eggs, one at a time.

Combine lemon juice and persimmon pulp and add to creamed mixture alternately with flour mixture.

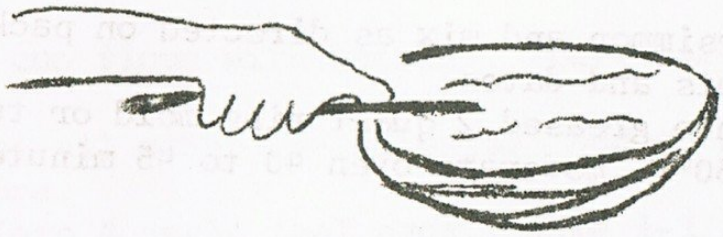
Stir in fruit and nuts.

Turn into greased and floured 3-quart ring mold or loaf pan.

Bake at 350°F. about one hour, or until cake tests done.

Cool 5 minutes, then remove from pan and cool on wire rack.

May be served with whipped cream or frosted with Orange Butter Cream.



PERSIMMON CAKE RECIPE

1/4 tsp. soda
1 c. persimmon pulp
1/2 c. shortening
1 c. sugar
2 eggs
2 c. sifted flour
3 tsp. baking powder
1/2 tsp. salt
1/2 tsp. cinnamon
1/4 tsp. cloves
1/2 c. raisins (optional)
1/2 c. nutmeats (optional)

Put soda in persimmon pulp. Cream shortening and sugar.

Add persimmon pulp and eggs.

Add dry ingredients in 3 parts. Add nuts and raisins. Bake in two lightly greased and floured 8 inch pans about 20 to 30 minutes at 350°F. or until cake leaves sides of pan.

Or, bake in a lightly greased and floured tube pan at 350°F. for 50 to 60 minutes or until cakes leave sides of pan.

Cut in wedges and serve with favorite sauce.

PERSIMMON CAKE

1 pkg. spice cake mix
2 eggs
Water
3/4 c. persimmon pulp
3/4 c. finely chopped nuts
1/4 c. finely chopped dates

Place cake mix in large mixing bowl; add eggs.

Add 1/4 c. less water than called for on package cake mix.

Add persimmon and mix as directed on package. Stir in nuts and dates.

Pour into greased 2 quart ring mold or tube pan. Bake at 350°F. moderate oven 40 to 45 minutes.

PERSIMMON GUMDROP FRUIT CAKE

2 c. sugar
1 c. shortening
4 eggs
3 c. persimmon pulp
2 tsp. soda
4 c. flour
1 tsp. baking powder
1 tsp. cinnamon
1 tsp. nutmeg
2 c. walnuts
1 pound raisins
1 pound mixed gumdrops cut in pieces (with-out black gumdrops)

Cream shortening and sugar. Add well beaten eggs and persimmon (to which soda has been added and stirred in well).

Sift dry ingredients together and add to mixture, then add nuts, raisins and gumdrops.

Pour into three greased 7x3-1/2 inch loaf pans and bake in moderate oven 350°F. until cake starts to leave sides of pan at top, or when tested with a straw inserted in center, it comes out clean.

It may be frosted or served plain.

PERSIMMON FRUIT CAKE

2 c. persimmon pulp
2 c. sugar
2 c. raisins
2 c. fruit cake mix
2 c. nuts (chopped coarsely)
1 c. milk
3 c. flour
1/3 c. oil
2 tsp. soda
1/2 tsp. cloves
2 tsp. cinnamon
1 tsp. nutmeg
1 tsp. allspice

Mix 1 cup flour with raisins, fruit cake mix and nuts.

Combine all other ingredients. Add to raisin-nut mixture.

Pour into 4 small loaf pans. Bake 1-1/2 hours at 325°F.

PERSIMMON BUTTER FROSTING

1/2 c. butter
4 c. sifted powdered sugar
6 T. persimmon pulp
3 egg yolks
2 T. lemon juice

Cream butter and sugar together. Add other ingredients and blend well.

ORANGE BUTTER CREAM

1/2 c. soft butter or margarine
1/8 tsp. salt
1 tsp. grated orange peel
2 T. orange juice
3 c. sifted confectioners sugar (approximately)

Cream butter with salt and orange peel. Gradually beat in orange juice and confectioners sugar until of spreading consistency.

WINE GLAZE

2 T. soft butter or margarine
1-1/2 c. powdered sugar (sifted)
2 T. wine

Beat all ingredients together until smooth.

PERSIMMON DATE NUT PUDDING

2-1/2 c. flour
2 c. sugar
2 tsp. soda
3 tsp. baking powder
1 tsp. salt
1 c. dry fine bread crumbs
3 T. melted butter or margarine
1 c. milk
1 tsp. vanilla
2 c. persimmon puree
2 c. chopped dates
2 c. chopped nuts

Sift flour, measure and sift again with sugar, soda, baking powder and salt.

Stir in bread crumbs.

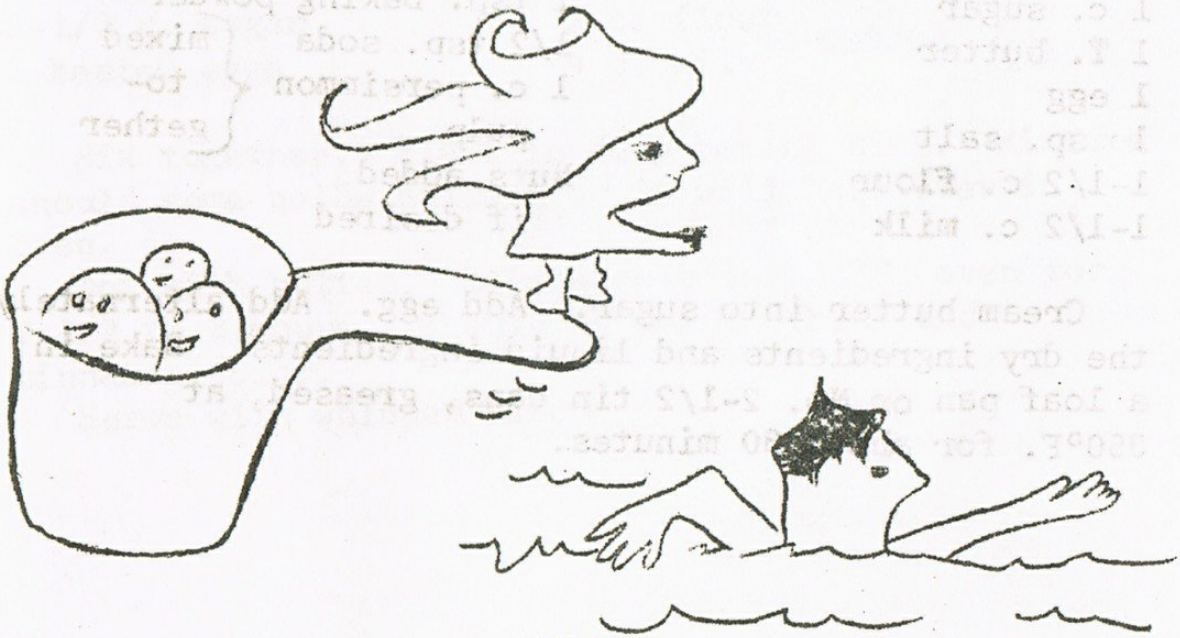
Combine melted butter with milk and vanilla. Add to dry ingredients and mix until blended.

Stir in persimmon puree, dates and nuts.

Pour into two 8-inch square pans, a 9x13 inch pan or two dozen large muffin pans. (Butter muffin pans or insert paper liners.)

Bake at 350°F. 50 to 60 minutes for loaf pudding, about 20 to 30 minutes for cup puddings.

Serve with lemon or vanilla sauce, whipped cream or ice cream. Very rich.



PERSIMMON RAISIN PUDDING

1-1/2 c. sifted flour
1-1/2 tsp. baking soda
1/2 tsp. salt
1/2 tsp. cinnamon
1 c. seedless raisins
1/2 c. chopped walnuts
2 eggs, well beaten
1-1/4 c. sugar
1-1/2 c. sieved persimmon pulp
1/4 c. melted butter or margarine
3/4 c. milk

Mix and sift together flour, soda, salt and cinnamon. Stir in raisins and nuts.

Add beaten eggs. Stir in sugar, then add persimmon pulp and melted butter or margarine.

Add flour mixture, then milk, and beat until smooth.

Pour into a greased baking dish, set in a shallow pan of hot water and bake in a slow oven 325°F. for 1-1/2 hours. Or, pour into a greased mold, cover and steam 2-1/2 hours. Serve hot with hard sauce or cold with whipped cream.

PERSIMMON PUDDING

1 c. sugar
1 T. butter
1 egg
1 sp. salt
1-1/2 c. flour
1-1/2 c. milk
1 tsp. baking powder
1/2 tsp. soda
1 c. persimmon pulp
} mixed together
Nuts added, if desired

Cream butter into sugar. Add egg. Add alternately the dry ingredients and liquid ingredients. Bake in a loaf pan or No. 2-1/2 tin cans, greased, at 350°F. for about 30 minutes.

FAVORITE BAKED PERSIMMON PUDDING

1-1/4 c. flour
1/4 tsp. salt
1/2 tsp. cinnamon
1/2 c. chopped nuts
1 c. raisins
1 c. persimmon pulp
3/4 c. sugar
1-1/2 tsp. soda
1 egg beaten
1/2 c. milk
2 T. melted margarine or butter
1 tsp. vanilla

Sift flour and measure into bowl. Add salt, cinnamon, nuts and raisins.

In separate bowl combine persimmon pulp, sugar and soda.

Mix together egg, milk, margarine and vanilla.

Combine all ingredients and mix well. Pour into a greased pan or casserole. Place in a pan of water and bake 1 hour and 15 minutes at 350°F.

PERSIMMON PUDDING

2 c. persimmon pulp
1-1/2 c. sugar
2 beaten eggs
1/2 tsp. soda
2 c. flour
4 c. milk

Mix together. Place in deep baking dish. Mixture should come below halfway or it will boil over in oven.

Dot with butter. Bake slowly in 325°F. oven for 2-1/2 to 3 hours. Should be moist, thick and cinnamon color.

Serve with whipped cream.

HOLIDAY PERSIMMON PUDDING

2 T. butter
1 c. sugar
2 c. sifted flour
1 tsp. salt
1/2 tsp. cinnamon
2 tsp. soda
1/2 c. raisins
1/2 c. chopped citron
1/2 c. chopped nuts
1 c. persimmon puree
1/2 c. milk
1 tsp. vanilla

Cream butter and sugar thoroughly.

Add sifted dry ingredients. Fold in persimmon puree, raisins, citron and nuts, milk and vanilla.

Pour into oiled 1-1/2 quart mold.

Cover and place in shallow pan of water. Bake at 350°F. for 1-1/2 hours.

Serve warm with lemon sauce or whipped topping. May be frozen and reheated in foil.

PERSIMMON ROLL

1 c. ripe persimmon
4 c. graham cracker crumbs
1/2 c. chopped nuts
1/2 c. coconut
10 dates, finely cut
10 marshmallows
1/2 c. candied or maraschino cherries
Chopped figs or raisins

Mix all ingredients together and then turn onto waxed paper and roll in graham cracker crumbs.

Form into roll 2 inches in diameter.

Coat with more crumbs.

Wrap in waxed paper or foil and chill in refrigerator for 2 hours or longer.

Slice and serve with whipped cream or whipped evaporated milk. Garnish with candied cherries. Makes 6 servings.

STEAMED PERSIMMON PUDDING

1-3/4 c. sifted flour
1 tsp. soda
1 tsp. baking powder
1/2 tsp. each salt, cinnamon ginger, and cloves
1/2 c. shortening
1 c. brown sugar, packed
2 eggs
1/4 c. sour milk
1/2 c. persimmon puree
1/2 c. chopped nuts

Sift flour, soda, baking powder, salt, cinnamon, ginger and cloves together. Cream shortening and sugar.

Add eggs and beat well. Add flour mixture alternately with sour milk and persimmon pulp to creamed mixture. Fold in nuts.

Pour into greased 1-1/2 quart mold. Steam 1-3/4 hours until toothpick stuck in center comes out clean. Cool a few minutes. Loosen from sides of mold, remove from mold, and serve warm with Yankee Sauce. Makes about 10 servings.

PERSIMMON PUDDING

1-1/4 c. sifted flour
1 c. sugar
1-1/2 tsp. soda
1/2 tsp. salt
1-1/2 tsp. baking powder
1 c. persimmon pulp
1/2 c. soft bread crumbs
1 c. chopped figs or dates
1 c. chopped walnuts
1 tsp. vanilla
1-1/2 tsp. butter or margarine
1/2 c. milk

Sift flour with sugar, soda, salt and baking powder. Combine and add remaining ingredients. Mix thoroughly.

Fill 9x4x4 inch loaf pan which has been greased and lined with waxed paper, 3/4 full. Bake at 350°F. 1-1/2 hours or until firm in center. Or, steam 3 hours in a 1-1/2 quart melon mold.

Serve with hard sauce. Eight small servings.

SAUCES

WINE SAUCE

2 egg yolks
1 c. sugar
1/2 c. sherry wine

Beat together, then add 1/2 pint cream, whipped.

LEMON SAUCE

1 T. cornstarch
1/2 c. sugar
1 tsp. grated lemon rind
Pinch of salt
1 c. water

Cook, stirring until slightly thickened and clear. Remove from heat; immediately stir in 2 T. lemon juice and 2 T. butter. Serve warm over pudding.

YANKEE SAUCE

1/2 c. brown sugar, firmly packed
2 T. cornstarch
Dash of salt
2 c. water
2 T. butter or margarine
1-1/2 T. vinegar

Combine sugar, cornstarch and salt; add water and butter. Cook 10 minutes. Add vinegar. Serve hot. Makes 2 cups sauce. If desired, 1/2 cup raisins may be cooked with sauce.

HARD SAUCE

1 T. water
1/2 tsp. vanilla
1/2 c. instant non-fat dry milk (in dry form)
1/4 c. softened butter or margarine
1 c. sifted powdered sugar

Combine water, vanilla and dry milk in 1-quart bowl and mix until smooth. Stir in butter or margarine and powdered sugar and beat until smooth. Chill until needed. Makes about 3/4 cup.

PIES

PERSIMMON MERINGUE PIE

2 c. persimmon pulp
1/2 c. sugar
1/2 tsp. mace
1 tsp. grated lemon peel
1/8 tsp. salt
2 tsp. butter or margarine
2 egg yolks
1 baked pastry shell (9 inch)

The persimmons should be sweet and very ripe. Prepare 2 cups of pulp. Add sugar, mace, lemon peel and salt, and cook slowly for 5 minutes.
Add small amount to butter and beaten egg yolks; return to persimmon mixture and stir until mixture is slightly thickened. Pour into pastry shell; cover with meringue.

Meringue

2 egg whites
4 T. sugar
1/2 tsp. vanilla or other flavoring

Beat eggs until frothy. Sprinkle sugar (a tablespoon at a time) over the whites until meringue forms in definite peaks when beater is lifted. Add flavoring. Spread on pie filling in swirls covering filling completely to edge of crust. Bake in 325°F. oven 15 to 18 minutes or until meringue is a delicate brown.

PERSIMMON CREAM PIE

1-1/2 c. persimmon pulp
2 eggs
1/2 tsp. cinnamon
1/2 c. sugar
1/4 tsp. salt
1-2/3 c. evaporated milk, top milk or light cream
1 tsp. lemon juice
1 8" unbaked pie crust

Beat eggs, add sugar, cinnamon and salt. Mix well. Add milk, persimmon pulp and lemon juice. Pour mixture into unbaked pie shell. Place in preheated oven. Bake at 425°F. for about 40 minutes.

PERSIMMON MALLOW PIE

1/3 c. undiluted concentrated orange juice
30 marshmallows, cut in pieces
1 c. sieved ripe persimmon pulp
1 c. (1/2 pint) whipped cream
1 (9-inch) baked pastry shell

Heat together in double boiler or over low controlled heat the orange juice concentrate and marshmallows, stirring occasionally. When marshmallows are melted, cool until mixture thickens. Stir in persimmon pulp. Cool. Whip cream and fold in. Spoon into pastry shell and chill for 2 hours or until set.

FROZEN PERSIMMON PIE

1 qt. vanilla ice cream
1 c. persimmon pulp
1/2 c. sugar
1/4 tsp. salt
1/4 tsp. nutmeg
1/4 tsp. cinnamon or ginger
1 baked 9-in. pie shell
1/4 c. slivered almonds

Soften ice cream slightly. Blend persimmon pulp with sugar, salt, nutmeg and cinnamon. Fold into ice cream. Turn into pie shell and sprinkle with nuts. Freeze until firm, about 4 hours. Let stand at room temperature about 10 minutes before cutting.

PERSIMMON PIE - UNCOOKED

1/2 c. condensed milk (sweetened type)
1/3 c. lemon juice
1/2 c. powdered milk
pinch of salt
1/2 c. evaporated milk
7 " crumb crust or baked pastry shell
1 c. sliced fresh or frozen persimmons

Stir the powdered milk, salt, and lemon juice into the condensed milk. Whip the evaporated milk until stiff and fold in. Pour into crust and chill 15-20 minutes before serving.

ICE CREAMS

PERSIMMON ICE CREAM

1 c. persimmon pulp (2 or 3 persimmons) or 1 package frozen persimmon puree (plain, orange or lemon flavored)
1/3 c. orange or lemon juice
1/2 c. sugar or corn syrup
1 c. whipping cream (whipped, or 1 c. evaporated milk whipped)

Combine persimmon puree with orange or lemon juice and sugar or corn syrup.

Add 1 cup evaporated milk (chilled in refrigerator until icy, about 35 minutes, then whipped). Pour into freezing tray.

Freeze in freezer section of refrigerator or freezer until firm. Makes 4 to 6 servings.

PERSIMMON SHERBET
(for crank-type freezers)

1 c. water
1 c. sugar
2 c. persimmon pulp
2 T. lemon juice
1/8 tsp. salt
1 egg white, unbeaten

Boil water and sugar together for 1 minute. Put aside to cool, then add remaining ingredients.

Freeze with a mixture of 1 part salt to 4 to 6 parts of ice. Turn the crank slowly until the mixture is firm.

Remove dasher, pack freezer with more ice and salt. Let sherbet stand for at least an hour to ripen.

** See pg. 31 for PERSIMMON ICE

PERSIMMON BISQUE

2 c. pound cake crumbs
or graham crackers
2 T. lemon juice
1 c. persimmon pulp
1 quart vanilla ice cream
12 paper souffle cups

Place about 1 tablespoon of crumbs in each cup.

Beat ice cream in electric mixer until mushy; add the lemon juice and persimmon pulp. Mix thoroughly.

Spoon into the cups and top with remaining crumbs. Place in refrigerator freezing unit or in the home freezer until hard. Unmold and serve. Makes 12 servings.

PERSIMMON BAVARIAN CREAM

Just before milk is added to stardard Bavarian cream, fold in diced persimmons.

CANDY

PERSIMMON CANDY

2 c. persimmon pulp
1 tsp. soda
2 c. sugar

Combine pulp and sugar. Cook over low heat stirring more or less constantly.

When graining begins, add 1 teaspoon baking soda. Continue stirring over heat until stiff.

Pour on buttered platter -- cut into pieces.

JAMS

PERSIMMON JAM

Persimmons must be very ripe for the best jam. Remove the calyz (leaf-like petals at stem end). Wash the fruit. Do not peel. Dice into small pieces or put large slices of fruit into blender or press fruit through a strainer, food mill, or colander.

PERSIMMON JAM (No Pectin added)

Measure fruit pulp (use small quantities -- no more than 4 cups) into a heavy saucepan.

Add an equal amount of sugar; stir well. Place on heat and simmer slowly for 20 minutes, stirring constantly. Keep below boiling point -- just simmer. Add 1/4 c. lemon juice and a little lemon zest. When jam sheets from spoon, pour into hot sterilized glasses and seal. Four cups pulp yields about one quart of jam.

PERSIMMON JAM (Using Pectin)

3 c. prepared fruit, about 5 or 6 average size	1 package Pectin
1 c. water	1/2 c. lemon juice
	6 cups sugar

Prepare fruit by cutting into small pieces.
Measure prepared fruit and water into a large kettle.
Stir in lemon juice and sugar; bring to a boil for 4 minutes. Add Pectin and boil for approximately 30 seconds. Stir constantly.
Remove from heat and pour into sterilized containers.
Makes about 6 glasses of jam.

PERSERVED WHOLE PERSIMMONS

Place a thin layer of sugar in the bottom of a jar; then a layer of whole ripe persimmons; another layer of sugar.

Repeat with sugar and persimmons until the jar is full. The sugar will dissolve and form a syrup. Press fruit down to keep under syrup.

Seal the jar and store.

Preserved whole persimmons look and taste (surprisingly) much like dates. When ready to use, pour off the syrup. (Syrup good adding to mincemeat when making mince pies.) Serve like dates or as dessert confection.

FREEZING

FREEZING

Use soft ripe fruit. Freeze whole or pureed.

To freeze whole: Wash. Dry. Remove stem and freeze unwrapped on a tray. Package in plastic bags. Best used within 3 months. To use, hold the frozen fruit under water and slip or rub off the skin.

To puree: Wash; cut into sections; put into blender (a few sections at a time), run through food mill, or press through colander or sieve. May be frozen without adding sugar to use later in your favorite recipe or mix 1 cup sugar with each 6 cups pureed pulp. May lose some color and some flavor if not used within 6 months.

DRYING

DRYING PERSIMMONS

Oven Drying:

Peel and slice or quarter firm, ripe fruit. Use a stainless steel knife.

Pieces may be rolled in sugar or not. Pieces rolled in sugar before drying have a nice glazed appearance when dry and are pleasingly sweet.

The unsweetened pieces attain a surface coating of dextrose sugar crystals after several months storage.

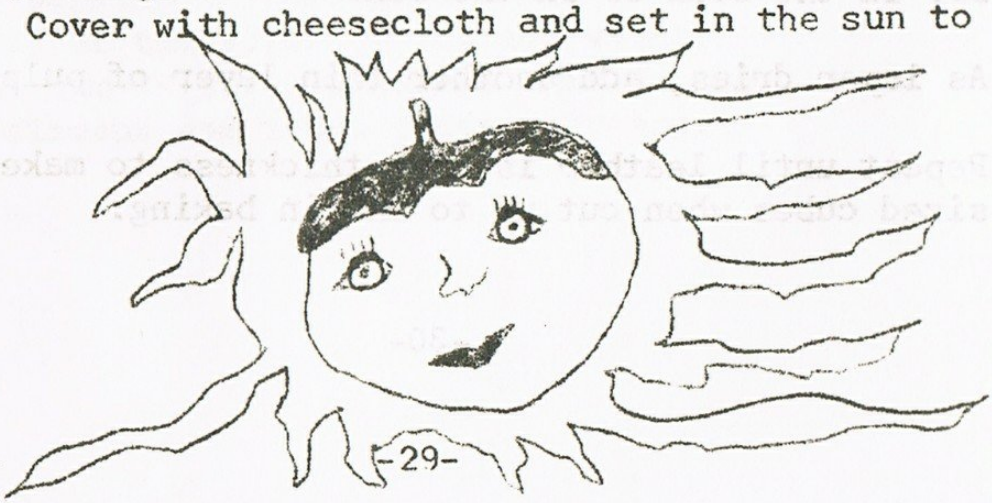
Place fruit on tray, spreading pieces one layer deep. Place in oven 140°F. to 150°F. Leave oven door slightly ajar.

Slices dry in about 12 hours. It takes quarters about twice as long.

The dried fruit will be light to medium brown.

Sun Drying:

Firm, fully mature fruit may be cut into strips --cut into eighths lengthwise. Place on trays one layer deep. (A large cookie sheet or aluminum foil may be used). Cover with cheesecloth and set in the sun to dry.



Sun Drying Whole Persimmons

Peel firm ripe persimmons but leave stem intact.

Hang a number of persimmons by the stem on a string. Hang in the sun for perhaps a week or more.

Crystals of sugar will form on the outside. When this occurs, the fruit must be kneaded every day or so to redistribute moisture and permit further drying.

After about a week, move the string of persimmons to the shade to complete drying.

Store at about 65°F and in a relative humidity of 50 to 60 per cent. During storage the sugar crystals will gradually cover the surface.

PERSIMMON "LEATHER"

Persimmon "leather" may be used as part of the fruit, raisins, or candied fruit in cookies, cakes or puddings.

Spread a thin layer of ripe pulp on aluminum foil. Dry in the oven or in the sun.

As layer dries, add another thin layer of pulp and dry.

Repeat until leather is of a thickness to make nice sized cubes when cut up to use in baking.

PERSIMMON RECIPES AND NOTES

* REMOVING ASTRINGENCY - When persimmons are picked ripe but still firm, they are sometimes slow to soften and lose astringency. This process may take several days and can be speeded up by placing the fruit in a freezer for about 24 hours. When the persimmons are removed and thawed, they are both soft, and free of astringency and may be eaten fresh immediately or cooked.

Firm, ripe persimmons may also be placed in a tight container with a ripe apple. Ethylene gas released by the apple speeds up the process of softening and astringency loss in persimmons.

** PERSIMMON ICE

3 ripe persimmons
1/4 cup white sugar
1/4 " honey or white corn syrup
1 " water
3 tablespoons lemon juice

Put persimmons through a sieve. Make a syrup of the sugar, syrup and water. Boil two or three minutes. Mix in the persimmons and lemon juice. Freeze.

BROILED PERSIMMONS

The Fuyus are best for this. Split in half. Dot with butter, a touch of sugar and lemon juice until heated through. This is fantastic with meats or as a dessert. If you must gild the lily, add a dollop of sweetened whip cream.

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Source:
University of California Consumer Marketing Information; United Fresh Fruit and Vegetable Association; Freezing Foods at Home, Circular 500.

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